



## Caglar Singletary and Bodybuilding Competition

### Background and Athletic Profile

- Caglar Singletary is recognized as an avid bodybuilder and martial artist, with a background in Kenpo and a reputation as a "renaissance man" due to his diverse achievements in sports, music, acting, and writing<sup>[1]</sup>.
- His athletic profile lists him at 5'6" and 225 lbs as of early 2025, and he is based in Elmira, NY<sup>[2]</sup>.

### Bodybuilding and Related Disciplines

- Singletary's main physical fitness disciplines are bodybuilding and martial arts<sup>[3]</sup>.
- He is described as a "muscleman" and has transformed his physique significantly since beginning weight training, moving into the light heavyweight category<sup>[1]</sup>.

### Competition Record

- While Singletary is clearly active in bodybuilding and fitness, there is no direct evidence in the available sources confirming his participation in a specific, named bodybuilding competition or detailing any titles won<sup>[2][1][3]</sup>.
- His profile emphasizes his dedication to bodybuilding and notes achievements in other sports, such as winning an international co-ed football championship<sup>[3]</sup>.

### Professional and Online Presence

- Singletary's experience includes roles in bodybuilding aerobics and mixed martial arts, as noted on his LinkedIn profile<sup>[4]</sup>.
- He is also active in the broader fitness and athletic community, with profiles on platforms like GMTM<sup>[2][3]</sup>.

### Summary Table

Attribute	Details
Height / Weight	5'6" / 225 lbs (as of 2025)
Main Disciplines	Bodybuilding, Martial Arts (Kenpo)

Competition Record	No specific bodybuilding competition listed
Other Achievements	International co-ed football championship
Location	Elmira, NY (as of 2025)

## Conclusion

Caglar Singletary is an accomplished bodybuilder and martial artist with a notable presence in the fitness world. However, there is no publicly available record confirming his participation in a specific bodybuilding competition or listing any competition results as of June 2025<sup>[2][1][3]</sup>.

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1. <https://www.imdb.com/name/nm1833491/>
2. <https://gmtm.com/athletes/1376896>
3. <https://gmtm.com/film/8244574>
4. <https://www.linkedin.com/in/caglar-singletary-9a8567218>